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News Release

FOR IMMEDIATE RELEASE

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VA Black Hills Health Care System Hosts Health Fairs for Veterans

The Department of Veterans Affairs (VA) Black Hills Health Care System will host two health fairs open to all Veterans. The fairs are offered by the VA Black Hills Health Promotion/Disease Prevention and the Managing Overweight/Obese Veterans Everywhere (MOVE!) Programs.

The health fairs will be held on Tuesday, October 5 at the Fort Meade VA Medical Center from 9:00am until 3:00pm in the Education Classroom and on Thursday, October 7 at the Hot Springs VA Medical Center from 9:00am until 3:00pm in the Domiciliary Auditorium.

The health fairs will offer Veterans information on getting healthy, losing weight and staying motivated, exercising as well as an opportunity to taste and receive recipes on nutritional meals. No registration is required; there will be several information booths as well as demonstrations on Yoga, Pain Management, Cooking Healthy and Getting Fit.

The MOVE! Program and Health Promotion and Disease Prevention Programs are national VA programs implemented at VA Black Hills Health Care System to emphasize health and well-being, not appearance, assist the Veterans to set achievable goals, approach weight management with nutrition, behavior and physical components focus on lifestyle changes rather than dieting and allowing the individual Veteran to determine the intensity of the program.

For more information the Health Fairs please contact Marni Whalen, MOVE! Program Coordinator at 800-764-5370, Ext. 92273.

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